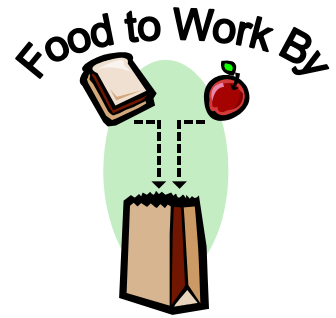


Brown Bagging It

Bringing your lunch to work can save you money! It can be easy to do and healthy, too. Here are a few brown bag items that are low in fat and/or high in 5 a Day. They're quick to fix and easy to take along to work. Just take a minute to plan ahead. Make your lunch the night before.

Leave a note to remind yourself to take it to work the next day. Pack some of these quick and easy low-fat foods:



- o Dried fruit *
- o Fresh fruit *
- o Fig bars
- o Raw vegetables (try pre-cut, pre-washed ones) *
- o Sandwiches (don't forget the lettuce and tomato) *
- o Bagels
- o Bean burritos *
- o Low-fat crackers
- o 100% fruit juice (paper cartons or cans) *
- o Fruit salads (see recipe on this page) *
- o Applesauce cups *
- o Vegetable juice (cans) *
- o Canned fruit cups *
- o Rice cakes
- o Pretzels
- o Lettuce and vegetable salads *
- o Low-fat microwave popcorn
- o Dried fruit trail mix *
- o Hearty vegetable soup *

* 5 a Day Foods

Source: Treatwell 5 A Day, Dana Farber Cancer Institute, Glorian Sorensen, PhD, MPH,
Principal Investigator. NCI Grant Number: 3R01CA59728